

## Office of Substance Abuse (OSA)

### Adult Substance Abuse Facts

The most recent needs assessment study found that:

- About 88,000 adult residents of Maine households (about 10%) used alcohol heavily in the previous 12 months;
- 7% (64,000 adults) drank heavily in the month prior to the survey; and
- Approximately 10% (96,000 people) used one or more illicit drugs in the 12 months before the survey, with another 5.7% (53,000 adults) reporting past month illicit drug use.

### OSA on-line!

For the latest in funding opportunities, prevention campaigns, reports, and access to OSA's searchable Information and Resource Center, visit:

[www.maineosa.org](http://www.maineosa.org)

### One ME-Stand United for Prevention

OSA has received a \$3 million grant for each of the next 3 years to:

- 1) develop a state prevention plan;
- 2) Coordinate & leverage funding for substance abuse prevention; and
- 3) Reduce tobacco use and high risk drinking in the 12-17 year old population.

Approximately 30 awards will be made to community coalitions that propose to use science-based programs to achieve the third goal. It is anticipated that communities will

### OSA: Working to Ensure that all Maine People are Free from the Effects of Substance Abuse.

Maine's publicly supported substance abuse service system provides education, prevention, early intervention, and treatment services through a network of community providers.

The Office of Substance Abuse (OSA) is part of the Department of Behavioral and Developmental Services (BDS) and employs 40 dedicated people to carry out its mission. At this time, the Office has 63 contracts totaling \$11.8 million for substance abuse treatment and 64 contracts totaling \$2.6 million for substance abuse prevention.

There are 44 agencies contracted to provide treatment services, 45 contracted to provide prevention services and 28 schools providing high needs services with Safe and Drug Free and Communities Act (SDFSCA) federal dollars. There are also 278 school districts receiving SDFSCA funding to conduct prevention programs.

OSA provides technical assistance and informational materials to treatment and prevention providers, manages the State's response to impaired driving, develops and delivers substance abuse services to people in the correctional system, and oversees the treatment and prevention programs funded by State and federal resources.

As part of BDS, which also has responsibility for the State's mental health and mental retardation systems, OSA also works with the issues of the dual diagnosis of mental illness and chemical dependency.

### Treatment

Maine's substance abuse programs and services are often life-saving for people trying to recover from alcoholism and other drug addiction. Carefully monitoring quality and increasing the capacity to provide these crucial services is a priority for the Office of Substance Abuse. OSA supports a

continuum of services that include shelter, detoxification, residential rehabilitation, halfway house, outpatient services, and methadone detoxification and maintenance.

Data shows an increase in admissions to treatment for marijuana, heroin, and other opiates use over the last several years. Admissions for the abuse of opiates (including heroin) continued to increase in calendar year 2001, while admissions for alcohol use decreased. Treatment admissions tracked by the OSA Treatment Data System totaled more than 11,500 people in 2001. Of those entering treatment, almost 65% reported alcohol as the primary drug abused. Marijuana was reported as the primary substance for 12.9% of the population. Women accounted for 36% of admissions. There were 1,436 youth admissions, (under age 19) who reported their primary substances as alcohol (31.4%) and marijuana (48.7%).



State of Maine  
Department of Behavioral  
and Developmental Services

Lynn F. Duby, Commissioner

July 2002

**DEEP Facts for the year 2000:**

- Staff at the DEEP office received 32,500 calls.
- There was an average of 13,000 open client cases.
- Over 3,500 OUI offenders were educated in the adult and juvenile programs.
- More than 3,000 individuals with severe substance abuse problems received the treatment services they needed.

**Student Youth Alcohol Abuse Facts**

In the 2000 Maine survey of grade 9-12 students:

- 74% used at least some alcohol in their lifetime.
- 42% used alcohol in the month before the survey.
- 23% exhibited binge drinking behavior in the previous 2 weeks.
- 77% said that alcohol is easy or very easy to get.
- 67% said they would not get caught by their parents if they chose to drink.

*"Youth working with youth is important because we are the future generation. It's important we work together to make the world a safer place to live in. Working with law enforcement has helped me understand their side of the problem too."*

— A Maine Youth Voices participant

**Impaired Driving Intervention**

OSA has identified Operating Under the Influence (OUI) offenders as a priority population for intervention. Individuals who operate a vehicle while under the influence of alcohol or other drugs constitute a serious threat to society and themselves through accidents and injury.

The Driver Education & Evaluation Program (DEEP) is a mandatory program established by the Maine legislature to address the societal problem of impaired driving. DEEP provides education to offenders about the effects of alcohol and drug use on families and society. Evaluating offenders is a crucial component of DEEP and may lead to more intensive behavioral intervention.

**Criminal Justice**

Differential Substance Abuse Treatment, or DSAT, is the substance abuse treatment model specifically developed for adults involved with the criminal justice system here in Maine. DSAT is a differentiated group treatment program which means that men and women attend separate treatment groups that target their level of addiction severity and how this is spe-

cifically tied to their criminal behavior. DSAT treatment is currently being provided to 174 men and women in Maine as part of the Adult Drug Treatment Court (ADTC) program.

There are currently ADTCs in Androscoggin, Cumberland, Oxford, Penobscot, Washington, and York counties. DSAT treatment is also available to probation clients in these areas of the state, and plans are to expand services to probation clients in other counties during the coming year. DSAT services will begin in the Women's Institution at Windham this fall. OSA and the Department of Corrections are working to incorporate DSAT service to include a men's institutional program in the near future.

Juvenile drug courts have been established in six areas across the state and are currently providing community based treatment services to approximately 80 adolescent offenders in Maine. The most recently established juvenile drug court site is in Lewiston and began service in January, 2002.

**Underage Drinking**

OSA, in partnership with other state and local organizations, has been working to reduce underage drinking in communities across the State of Maine.

In 1998, using federal Office of Juvenile Justice and Delinquency Prevention (OJJDP) funding, OSA created the Maine Youth Voices Program. This effort has established youth-led efforts in 15 communities to identify local community norms that encourage underage drinking, and to work to change those norms.

With additional OJJDP funding, the Office convened the Maine Underage Drinking Task Force to examine the problem of underage drinking and a report was published in 2000 outlining recommendations of this group. The Task Force has also been awarded an additional OJJDP grant to fund a community sub-grant program. Nine communities are involving youth and law enforcement in establishing comprehensive community projects to address underage drinking.

In 2001, the Office added a layer to the underage drinking initiatives to focus on college drinking. The Maine Higher Education Alcohol Prevention Project (HEAPP) now funds a statewide training series and sub grants to five Maine colleges.

*For more information about BDS visit: [www.state.me.us/bds/](http://www.state.me.us/bds/)*